### DEPARTMENT OF THE ARMY



SHAPE BATTALION UNITED STATES ARMY, NATO APO AE 09705

ACSB-CO 24 October 2005

### MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Inaugural Iron Shapian Competition -- Memorandum of Instruction (MOI)

- 1. Purpose. The purpose of this memorandum of instruction (MOI) is to provide general information on the execution of the first Iron Shapian Competition to be conducted at 0830 on 24 November 2005.
- 2. General. The Iron Shapian Competition is an individual physical fitness challenge open to U.S. and NATO Alliance Soldiers, Sailors, Airmen, Marines, and civilian employees. The competition will take place at the Main Gym (push-ups, sit-ups and run) and Building 305 (pull-ups and dips) on SHAPE. The competition will consist of the following events, in order: push-ups, sit-ups, four-mile run, pull-ups, and dips.
- a. To be an Iron Shapian, a competitor must score at least 100 points on each event <u>and</u> accumulate an additional 50 points through earning bonus points in some combination of the five events (for a total of 550 points). The ultimate Iron Shapian is the competitor who achieves the highest overall point score.
- b. Standards and Scoring: Events will be conducted and scored as provided below, with 10 minutes between each event.
- (1) Push-ups. Each male competitor must do a minimum of 75 push-ups in 2 minutes to receive 100 points. Females must do 60. One point is awarded for each additional repetition over 75 for males and over 60 for females. The event will begin with the competitor in the front leaning rest position <u>fully</u> up. The competitor will lower his/her entire body until the upper arm is parallel to, or the chest touches, the ground. The competitor will then raise his/her body until the arms are <u>fully</u> extended and the competitor is in the <u>full</u> up position. This sequence will count as 1 repetition.
- (2) Sit-ups. Both male and female competitors must do a minimum of 85 sit-ups in 2 minutes to receive 100 points. Females must also do 85. One point is awarded for each additional sit-up over 85 repetitions. It will begin with the competitor lying on his/her back with the knees bent at a maximum of a 90-degree angle and fingers interlaced on top of, or behind, the

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head. The competitor will raise his/her upper body forward to, or beyond, the vertical position (the point at which the base of the neck is forward of the base of the spine). The competitor will then lower his/her upper body until the bottom of the shoulder blades touch the ground. This sequence will count as 1 repetition.

- (3) 4-Mile Run. Each male competitor must complete the run in 28 minutes or less to receive 100 points. Females must run in 31 minutes or less. One additional point will be awarded for every full 10-second block of time less than 28 minutes (i.e., for males, 27:50 = 101 points or 27:41 = 101 points, while for females 30:50 = 101 points and 30:41 = 101 points).
- (4) Pull-ups. Each male competitor must do a minimum of 10 pull-ups to receive 100 points. Females must do 5. Two points will be awarded for each additional repetition. The event will begin with the competitor at a <u>full</u> dead hang, with palms facing away from his/her body. A repetition consists of pulling his/her chin over the bar without excessive kicking, swinging, or "winding up", and then returning to a <u>full</u> dead hang.
- (5) Dips. Each male competitor must complete a minimum of 25 dips to receive 100 points. Females must do 10. Two points will be awarded for each additional repetition. The event will begin with the competitor holding his/her body upright between the parallel bars with his/her elbows <u>fully</u> locked in the up position. A repetition consists of lowering his/her entire body until the upper arm (tricep) is parallel to the ground without "scrunching" the body (i.e., compressing the knees on the way down) and returning to a <u>full</u> upright position with the elbows locked again.
- (6) All competitors are expected to complete the competition once they have started it, even if they fall short of a minimum in any given event.
- 3. Responsibilities.
  - a. S1.
- (1) Provide Iron Shapian Certificates for the Battalion Commander's signature and ensure they are printed in time for each competition.
- (2) Coordinate with AFN, SHAPE Community Life Magazine, and Meteor Hainaut to ensure adequate pre-event publicity and event coverage.
  - b. S3.
    - (1) Overall staff proponent for the Iron Shapian Competition.
    - (2) Enroll all eligible competitors in the competition.
- (3) Measure a four-mile run route with a marking wheel and mark it with quarter-mile marks.

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- (4) Task subordinate units for an adequate number of graders (consistent with the number of registrants). Ensure graders are certified using the event standards described herein.
- (5) Task companies, as appropriate, to ensure provision of an adequate number of event graders (based on number of registered competitors), 2 combat life savers, personnel to man the hydration point, and other requirements not specifically addressed herein.
  - (6) Publish MOI and changes.

c. S4.

- (1) Ensure emplacement of a hydration point (water and Gatorade) at the 2-mile mark for the 4-mile run event.
- (2) Coordinate for provision of post-event refreshments for competitors (Gatorade, bananas, and bagels) to be paid from registration fees.
- 4. Coordinating Instructions: All Iron Shapian competitors will receive a commemorative tee-shirt. Additionally, those meeting the Iron Shapian criteria will be presented with a certificate of achievement and USANATO SHAPE Battalion Commander's coin.
- 5. Point of contact for this MOI is CPT Ortiz, USANATO SHAPE Battalion S3, at SHAPE ext. 5939.

JOSEPH R. CALLOWAY

LTC, AG

Commanding

3 Encls

1. Male Scoring Sheet

2. Female Scoring Sheet

3. Registration Form

DISTRIBUTION:

Cdr, HHC

Cdr, A Co

**CSM** 

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# MALE SCORING CARD

4 Mile Run		Pull Ups		Push Ups		Sit Ups	
Time	Points	Reps	Points	Reps	Points	Reps	Points
28:00	100	10	100	75	100	85	100
27:50	101	11	102	76	101	86	101
27:40	102	12	104	77	102	87	102
27:30	103	13	106	78	103	88	103
27:20	104	14	108	79	104	89	104
27:10	105	15	110	80	105	90	105
27:00	106	16	112	81	106	91	106
26:50	107	17	114	82	107	92	107
26:40	108	18	116	83	108	93	108
26:30	109	19	118	84	109	94	109
26:20	110	20	120	85	110	95	110
26:10	111	21	122	86	111	96	111
26:00	112	22	124	87	112	97	112
25:50	113	23	126	88	113	98	113
25:40	114	24	128	89	114	99	114
25:30	115	25	130	90	115	100	115
25:20	116			91	116	101	116
25:10	117	1		92	117	102	117
25:00	118			93	118	103	118
24:50	119	DIPS		94	119	104	119
24:40	120	Reps	Points	95	120	105	120
24:30	121	25	100	96	121	106	121
24:20	122	26	102	97	122	107	122
24:10	123	27	104	98	123	108	123
24:00	124	28	106	99	124	109	124
23:50	125	29	108	100	125	110	125
23:40	126	30	110	101	126	111	126
23:30	127	31	112	102	127	112	127
23:20	128	32	114	103	128	113	128
23:10	129	33	116	104	129	114	129
23:00	130	34	118	105	130	115	130
22:50	131	35	120	106	131	116	131
22:40 .	132	36	122	107	132	117	132
22:30	133	37	124	108	133	118	133
22:20	134	38	126	109	134	119	134
22:10	135	39	128	110	135	120	135
22:00	136	40	130	111	136	121	136
21:50	137	41	132	112	137	122	137
21:40	138	42	134	113	138	123	138
21:30	139	43	136	114	139	124	139
21:20	140	44	138	115	140	125	140
21:10	141	45	140	116	141	126	141
							Encl 1

# FEMALE SCORING CARD

4 Mile Run		Pull Ups		Push Ups		Sit Ups	
Time	Points	Reps	Points	Reps	Points	Reps	Points
31:00	100	5	100	60	100	85	100
30:50	101	6	102	61	101	86	101
30:40	102	7	104	62	102	87	102
30:30	103	8	106	63	103	88	103
30:20	104	9	108	64	104	89	104
30:10	105	10	110	65	105	90	105
30:00	106	11	112	66	106	91	106
29:50	107	12	114	67	107	92	107
29:40	108	13	116	68	108	93	108
29:30	109	14	118	69	109	94	109
29:20	110	15	120	70	110	95	110
29:10	111	16	122	71	111	96	111
29:00	112	17	124	72	112	97	112
28:50	113	18	126	73	113	98	113
28:40	114			74	114	99	114
28:30	115	7		75	115	100	115
28:20	116			76	116	101	116
28:10	117	DIPS		77	117	102	117
28:00	118	Reps	Points	78	118	103	118
27:50	119	10	100	79	119	104	119
27:40	120	11	102	80	120	105	120
27:30	121	12	104	81	121	106	121
27:20	122	13	106	82	122	107	122
27:10	123	14	108	83	123	108	123
27:00	124	15	110	84	124	109	124
26:50	125	16	112	85	125	110	125
26:40	126	17	114	86	126	111	126
26:30	127	18	116	87	127	112	127
26:20	128	19	118	88	128	113	128
26:10	129			89	129	114	129
26:00	130			90	130	115	130
25:50	131			91	131	116	131
25:40	132	1		92	132	117	132
25:30	133			93	133	118	133
25:20	134			94	134	119	134
25:10	135			95	135	120	135
25:00	136			96	136	121	136
24:50	137			97	137	122	137
24:40	138			98	138	123	138
24:30	139			99	139	124	139
24:20	140			100	140	125	140
							Encl 2
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## 2005 IRON SHAPIAN COMPETITION 24 NOVEMBER 2005, 0830, SHAPE MAIN GYM

#### REGISTRATION FORM

LAST NAME (nom)	FIRST NAME (prénom)					
STREET (rue)	CITY (commune)					
ZIP CODE (code postal) OFFICE PHONE (téléphone SHAPE UNIT/ORGANIZATION (l'organisation du SHAPE)						
BRANCH OF SERVICE (affiliation militaire) EMAIL						
SHAPE ID CARD No.	MALE FEMALE (femelle)					
Participant Agreement, Waiver, Release, & Acknowledgment.  I know that participating in demanding physical competition is a potentially hazardous activity. I should not participate in the Iron Shapian Competition unless I am medically able and properly trained. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of the weather, traffic, road conditions, all such risks being known and appreciated by me. Having read this waiver, knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the sponsors and any affiliated organizations from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to the U.S. Army NATO SHAPE Battalion to use photographs or any other record of this event for legitimate purpose.						
Signature (Parent or guardian if under the age of 18)	Date					
RETURN REGISTRATION FORM AND 10 EURO / 10 DOLLAR	FEE TO USANATO SHAPE BATTALION, BLDG 212, SHAPE					

**COMPETITION RULES** 

#### GENERAL:

The Iron Shapian Competition is an individual physical fitness challenge open to all SHAPE ID Card holders. The competition will take place on SHAPE at the Main Gym (push ups, sit ups, and run start point) and Building 305 (pull ups and dips). Reminder, starting time is 0830 on 24 November 2005.

#### STANDARDS:

To be an Iron Shapian, a competitor must score at least 100 points in each of the five events and <u>accumulate a total of 550 points through earning bonus points in a combination of the five events</u>. The ultimate Iron Shapian is the competitor who achieves the highest overall point score.

#### SCORING:

**PUSH UPS:** Each male competitor must complete a minimum of 75 push ups in 2 minutes to receive 100 points. Female competitors must complete 60. One point is awarded for each additional repetition over the minimum for both males and females. The event will begin with the competitor in the front leaning rest position fully up. The competitor will lower his/her body until his/her upper arms are parallel to, or chest touches, the ground. The competitor will then raise his/her body until the arms are fully extended (the full up position). This sequence counts as 1 repetition.

SIT UPS: Both male and female competitors must complete a minimum of 85 sit ups in 2 minutes to receive 100 points. One point is awarded for each additional repetition over the minimum for both males and females. The event will begin with the competitor lying on his/her back with the knees bent at a 45 degree angle and the fingers interlaced on top of, or behind, the head. The competitor will raise his/her upper body forward to the vertical position (the point where the base of the neck is forward of the base of the spine). The competitor will then lower his/her upper body until the bottom of the shoulder blade touches the ground. This sequence counts as 1 repetition.

**4 MILE/6.5 KM RUN:** Each male competitor must complete the run in 28 minutes or less to receive 100 points. Female competitors must run in 31 minutes or less. One additional point will be awarded for every full 10-second block of time less than 28/31 minutes based on gender (i.e. for males, 27:50 = 101 points, 27:40 = 102 points, etc.)

**PULL UPS:** Each male competitor must complete a minimum of 10 pull ups to receive 100 points. Female competitors must complete 5. Two points are awarded for each additional repetition over the minimum for both males and females. The event will begin with the competitor in a full dead hang, with palms facing away from the body. A repetition is completed by pulling the chin over the bar without excessive kicking, swinging, or "winding up" and returning to a full dead hang.

**DIPS:** Each male competitor must complete a minimum of 25 dips to receive 100 points. Female competitors must complete 10. Two points are awarded for each additional repetition over the minimum for both males and females. The event will begin with the competitor holding his/her body upright between the parallel bars with the elbows full locked in the up position. A repetition is completed by lowering his/her entire body until the upper arms (triceps) are parallel to the ground and returning to a full upright position.